

Activities to Fit Your Lifestyle

Exercise does not have to be planned. Think of all the ways you can be active during your day.

- Walk or ride a bike for transportation.
- Take the stairs instead of the elevator.
- Park at the far end of the parking lot and walk.
- Get off the bus one stop early and walk the rest of the way.
- Walk your dog, or borrow someone else's dog.
- Take a brisk walk while you are shopping at the mall.
- Walk to your mailbox.
- Mow the grass. Rake the leaves. Weed the garden.
- Dance whenever you can.
- Wash your car.
- Vacuum or sweep the floor often.
- Get up to change the TV channel, don't use the remote.
- March in place during TV commercials.
- Stretch or do chair exercises while watching TV.
- Stand up and step in place while using the phone.
- Walk down the hall to talk to a coworker instead of using the phone or sending an email.
- On work breaks, take a 5-10 minute walk.
- If you play golf, walk every hole.

